



18 Lorsche Triathlon

Lorsch / 13.08.2023

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Michael Pfeuffer

000: 1:16:43

00: 205

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 126 (of 343)

00000/0: 112 (of 262)

000000: 58:32

0000:

männliche AK 4 (TM 35)

00000: 12(of 23)

0000000: 1:02:13

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:57	21:53	11	2:37	109	4:00	0.50	10:57	21:53	24	2:37	263	4:00
Wechsel S -> R	-	2:05	-	6	0:34	48	0:49	0.50	13:02	26:03	24	3:05	263	4:36
Schwimmen 000	0.50	13:02	26:03	24	3:05	263	4:36	0.50	13:02	26:03	24	3:05	263	4:36
Rad netto	20.00	39:38	1:58	14	7:42	177	15:14	20.50	52:40	2:34	24	10:47	263	14:24
Wechsel R -> L	-	1:15	-	16	0:34	161	0:48	20.50	53:55	2:37	24	11:21	263	14:47
Rad 000	20.00	40:53	2:02	14	8:16	177	15:44	20.50	53:55	2:37	24	11:21	263	14:47
Lauf Ziel	5.00	22:48	4:33	8	3:31	92	22:48	25.50	1:16:43	3:00	12	14:30	112	18:11